

Weight Loss

# Gut Buster Challenge Part 2 Spring Training



## LAZY RIVER CHALLENGE/LUNCH

When: Wednesday June 27th 11:30  
start- Walk will be over by 12.

Where: Frog Falls (Aquatic Park)

What to bring: Bathing suit or mesh  
shorts, tee shirt, towel and a  
positive attitude!!! ☺

What's going on? We're going to do  
a fitness challenge, a 30 min walk  
around the lazy river while listening  
to the best 80's rock money can buy.

There will also be a free lunch!

